

NAME:.....CLASS:.....

**SECOND TERM: E-LEARNING NOTE
JS 3 (BASIC 9)**

SUBJECT: HOME ECONOMICS

SCHEME OF WORK

WEEK TOPIC

1. Garment construction processes (A) Arrangement of fullness. (B)Opening. (C) Fastening (D) Making a simple baby dress.
2. Scientific study of food nutrients; (B) Simple food tests, (C) Effect of heat on food.(moist and dry heat).
3. Meal Planning; (A) Factors that influence meal planning (B) Guidelines for meal planning. (C) Meals for different groups. (D) Menu card.
4. Buying preservation and storage of food; (A) Factors to consider when buying food. (B) Wise buying (C) Food preservation methods. (D) Food storage methods.
5. Kitchen Equipment and utensils; (a) Factors to consider in choosing food preparation equipment and utensils.
6. Food Preparation and Methods; (A) Food preparation (Cooking) methods. (b) Guidelines for use of cooking d. methods.
7. Food preparation Methods; (c) Procedures for use of cooking methods. (D) Preparation of simple dishes.
8. Marriage; (a) Relationship- Unhealthy Boy/Girls relationship. (b) Courtship practices. (C) Factors to consider before marriage.
9. Marriage; (d) Marriage systems and 'procedures in Nigeria. (e) Disadvantages of early marriage.
10. Pregnancy and child birth; (a) Pregnancy and it signs.(b) Ante-natal post-natal care. (c) Preparation for child birth, e.g. layette.
11. Revision.
12. Examination.

WEEK 1

TOPIC: GARMENT CONSTRUCTION PROCESSES.

**CONTENTS; 1. Arrangement of fullness and openings
2. Fastening & Making a simple baby dress.**

SUB-TOPIC 1: ARRANGEMENT OF FULLNESS AND OPENINGS

Fullness in clothing construction means the provision of extra allowance in the garment. This fullness can be created or controlled using dart, tucks, gathers, easing and pleats.

Darts

Darts are tapered fold of fabric. They are stitched on the wrong side of a garment section. Darts can be straight, curved or double pointed.

USES OF DARTS:

- i. They control fullness
- ii. They turn fabric into shape to fit the human figure.
- iii. They help to give a good fitting and shape to the garment.

TO MAKE A DART:

1. Mark the pattern lines properly.
 - ii. Fold the materials with the right side facing and pattern lines together matching.
 - iii. Pin and tack the dart along the pattern lines.
- iv. Stitch from the broad end.
- V. Knot the ends of the thread.
- Vi. Press the dart to side of the stitching.
- vii. If the materials is too thick and does not fray, cut along the fold to...